

SCHOOL Breakfast

for
first class learning!

The 5-Star Child Nutrition Task Force has prepared this toolkit to assist you in promoting and operating a School Breakfast Program.

How? Enclosed are easy to use lessons!

How easy? Each lesson has a content overview, objectives, target audience, estimate of time, materials list and script. The toolkit is organized into three sections: Value of Breakfast, How to Implement a School Breakfast Program and Enhancing School Breakfast Programs. Handouts are provided and may be copied and distributed or made into transparencies. A Power Point presentation on disk is included for the *First Class Learning* lesson.

How do I start? Review the Toolkit User Guide to determine what material addresses your needs. Before you use a lesson, get comfortable with it. You can put the script into your own words. Add local data to your presentations whenever possible. The presentations are intended to be short, interesting and fun! They emphasize how important you and your team are, as well as other school professionals, in implementing and operating a successful School Breakfast Program.

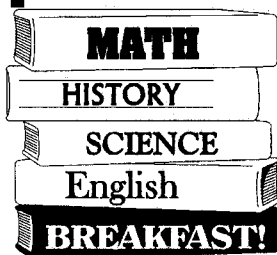
What do I do after a lesson has been completed? Ask your employees questions and collect their ideas for making the Program work in your school. Keep track of employees who participate in each lesson and recognize them appropriately. Ask your state agency about professional credit that you and your participants may receive for completing the lessons.

What next? Please contribute to future lessons by returning an evaluation to your state agency. We wish you success in operating a "School Breakfast for First Class Learning."



Midwest 5-Star Child Nutrition Task Force

The 5-Star Child Nutrition Task Force is a Midwest partnership of representatives from school food service, child care and education, associations, and state and federal government.



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Toolkit



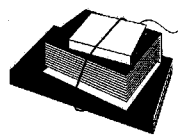
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Target
Audience



Time



Materials



Script

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Toolkit User Guide

Please answer the following questions in order to evaluate your current situation and to direct you to the appropriate area in the toolkit that will address your needs.

1. Do you currently have a School Breakfast Program? ____ Yes ____ No
If yes, go to question #5. If no, go to question #2.
2. Do your administrators support the idea of implementing a School Breakfast Program? ____ Yes ____ No
If yes, go to question #3. If no, go to the Value of Breakfast section and present *First Class Learning* and use *Breakfast Fuels Learning* to support the link between nutrition and learning. Return to this self-assessment after you have received approval to implement a School Breakfast Program.
3. Do your students, parents, teachers and community support a School Breakfast Program? ____ Yes ____ No
If yes, go to question #4. If no, review and present *First Class Learning* from the Value of Breakfast section. You can also use the forms in the *Breakfast Assessment* lesson to evaluate students' breakfast eating habits. *Fun with Breakfast* is useful for teachers to help increase student awareness of breakfast. Return to this self-assessment after you have completed the lessons.
4. Do you have approval but are unsure how to set up a program?
____ Yes ____ No
If yes, see the *How to Implement a School Breakfast Program* section and review and present all four lessons. If no, when you have fully implemented your program go to question #5 for ideas on how to increase participation.
5. Do you need to improve your School Breakfast Program participation?
____ Yes ____ No
If yes, review and present the lessons in the *Enhancing School Breakfast Programs* section for more ideas to make your program better. If no, see the *Enhancing School Breakfast Program* section for new ideas on marketing and promotions.

Evaluation Form

The 5-Star Task Force is interested in your opinion of these lessons. Please complete a separate evaluation form for each lesson and mail it to your state agency at the address listed on the back. The person who presented the lesson or used these materials should complete the evaluation.

1. Circle the lesson you reviewed.

Section I. Value of Breakfast

First Class Learning

Breakfast Assessment

Fun with Breakfast

Breakfast Fuels Learning

Section II. How to Implement a School Breakfast Program

Plan Menus Kids Enjoy

The Staff Makes It Happen

Good Records Make Operation Easier

Money Counts

Section III. Enhancing School Breakfast Programs

Overcoming Barriers to Breakfast

Successful Marketing Strategies

2. Check the boxes that best describe your evaluation.

	Excellent	Very Good	Satisfactory	Poor
Format	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visuals/handouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ease of use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Impact on staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. List any suggestions for improving this lesson. Please explain any "poor" remarks from above.

Name (optional) _____ Phone number _____

School _____

Addresses of State Agencies

- Illinois** 5-Star Breakfast Toolkit
Nutrition Programs and Education Services
Illinois State Board of Education
100 North First Street, W-270
Springfield, IL 62777-0001
- Indiana** 5-Star Breakfast Toolkit, Jane Regnier
Division of School and Community Nutrition Programs
Indiana Department of Education
State House - Room 229
Indianapolis, IN 46204-2798
- Michigan** 5-Star Breakfast Toolkit, Mary Alice Galloway
Office of School Support Services
Michigan Department of Education
P.O. Box 30008
Lansing, MI 48909
- Minnesota** 5-Star Breakfast Toolkit, Jeanette Johnson
Minnesota Department of Children, Families and Learning
Food and Nutrition Services
1500 Highway 36 West
Roseville, MN 55113-4266
- Ohio** 5-Star Breakfast Toolkit, Mary Ann Weber
Division of Child Nutrition Services
State Department of Education
65 South Front Street, Room 713
Columbus, OH 43215-4183
- Wisconsin** 5-Star Breakfast Toolkit, Julie Allington
Food and Nutrition Services
Department of Public Instruction
125 South Webster Street
P.O. Box 7841
Madison, WI 53707-7841